

March 14th

Physiology

Aileen Hatt

The Truth about Cataracts.

Many think cataract is some new growth which is gradually covering the sight. Some even think it is similar to cancer. A cataract is simply a clouding of the normal crystalline lens. This part is used to focus light and images on the back of the eye. When a person has had a cataract removed, which also involves the removal of the lens of the eye, a glass must usually be worn in order to restore good vision. The glass will function in place of the lens.

The surgical removal of cloudy lenses in properly selected cases gives excellent visual results. About forty years ago many cataract patients were treated with electricity but this was abandoned since good results were not obtained. In some patients the dilatation of the pupil by use of drugs improves the vision for several days.

The drugs most commonly used by physicians to be dropped into the eyes of patients having cataracts are those which temporarily improve the circulation of both blood & the lymph. Drugs have been injected under the conjunctiva, which is the thin membrane covering the white of the eye and vaccines injected under the skin.

It has never been possible to promote cure of the lens affected in this way. Other drugs were tried but soon decided in favor of the one that has now been in use for so many years.

This eye drop treatment was not used alone but always combined with fairly frequent changes of glasses.

Certain objectives are attained by the careful treatment of patients with beginning cataracts who know that they have clouded vision.

Patients with cataracts are kept under observation and seen every four or six months. Glaucoma is sometimes

spoken of as hardening of eyeball. This results from an interference with the normal flow of fluids from the interior of the eye into the circulation. Clouding of the lens is bound more or less to change the refraction of the eye.

While it is true that cloudiness of the lenses may change their shapes and appearances from time to time, it must be obvious that at present there is absolutely no definite cure for beginning cataracts. While no actual cure can be made at present, all possible attempts should be made to better the condition of the eyes.

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April. 25th.

Alcan. State.

Blood Test for Syphilis

Syphilis is one of the most important and widely prevalent diseases affecting mankind. It is not always a venereal disease. About half of its victims do not know they have the disease. About 60,000 children are born annually with congenital syphilis which is responsible for about 25,000 deaths of the new born.

Syphilis is caused by a specific germ called Spirochaeta pallida and in about one out of every ten cases it is a result of infection from sexual contact. Sometimes and especially in syphilis of the brain + spinal cord it may not be found in the blood at all but in the spinal fluid. In early syphilis the reactions generally become negative after one or two years of adequate treatment. In chronic syphilis the tests may continue to give positive reactions even after years of treatment. But even if the blood reactions remain persistently positive under these conditions, the majority of patients need not worry. Certainly there is no need for continuing treatment and marriage is permissible because there is no better danger of transmission of the disease to her husband or wife and offspring.

Since syphilis is widely prevalent since morals + social status are no barrier to its contraction and since many individuals have it unknowingly, all adults are encouraged to have tests.

The Adrenal Glands

April 18.

Hileen Hatt.

Thomas Addison gave a description of the diseases of these glands in 1855 which bears his name. These diseases are described in his classical treatise as: "Anaemia" general languor + debility, irritability of the stomach and a peculiar change of colour in the skin.

In 1856 Brown Sequard reported experiments in which he removed the glands in Rabbits guinea pigs, cats etc + found that death followed shortly - in eight to 36 hours. This, with control operations similar in all respects except that the adrenal glands were not removed, led him to the conclusion that the adrenals were essential to the life of animals. Opposition to this came quickly. It was contended that shock & sepsis and not adrenal insufficiency were the cause of the almost universal mortality. In 1894 a startling discovery was made by Claver + Schäfer of the blood-pressure-raising property of extracts of the medulla of the gland.

The Adrenal Medulla.

It was found that this tissue of the adrenal medulla had peculiar staining qualities. When the tissue was mordanted with ferric chloride. It has been shown that this staining reaction is due to the presence in the cells of a high concentration of the substance epinephrine the hormone of the medulla. Although epinephrine has been found in the cortical tissue and it has even been suggested

that it is elaborated there. Cortical tissue cut away from a gland after removal from an animal with intact circulation does not contain epinephrine.

) The Cortex is a separate organ and is not essential for the production of epinephrine. The secretion of epinephrine is under nervous control, but due to the rapid synthesis which occurs, it is almost impossible to exhaust the store.

Epinephrine in medical & surgical practice is firmly established on a sound physiological basis. In Asthma, Eczema and Serum Sickness, epinephrine is given subcutaneously in doses of 0.5 to 1.0 c.c. It may be a dangerous drug if administered in doses larger than necessary to elevate the blood pressure effectively.

Article - from
Canadian Public Health Journal
February, 1937.

January 30, 1940

Aileen HATT

Salt of the Earth

Anyone who has ever eaten an unsalted meal knows how flat flavoured foods can taste without salt.

Today salt is inexpensive, because there is access to an almost inexhaustible world supply of it. The greatest share of salt is obtained in the U.S.A. is evaporated from brine wells.

Standard directions for cooking vegetables in water call for it to be salted at the beginning. When broiling or frying meat salt should be added after or at the end of the cooking. Salt tends to draw out the juices of the meat.

Foods such as cornstarch, pudding cooked cereals and breads need a bit of salt to bring out the bland flavour of the starch. The standard amount of salt to use in cooked cereals, such as rice oat meal is about 1 teaspoonful to a quart of water.

Skilful cooks never neglect to add a dash of salt to cooked fruits and fruit drinks. And many find that Cocoa, milk shakes and other beverages are also improved by a few grains of salt.

Because salt always seems to make sweet things sweeter. It should be added in candies, cakes, ice cream.

In dishes that call for whites of eggs it is a good practice to put a pinch of salt

into the whites before beating. The salt stiffens the whites, makes them heat up faster and makes the foam less likely to become watery on standing.

Another use of salt in egg cooking is to add a little to the water in which eggs are poached. This makes eggs "set" more quickly.

Aileen Thatt

We should fear failure. Every one faces failure at one time or another. Sometimes when failure comes upon us in spite of our best efforts, we get discouraged. We worry about ourselves and say, "What's the use". By & by worry makes people sick. There is one cure. Just trying to do the thing we think we can't do. Challenges our interest and imagination by taking up some new & interesting work or play. Then when we are well and able to face the old worry unafraid, it is surprising how easy it is to find ways to do the thing that we thought we couldn't do.

There are many things that cause people to become nerve sick beside improper mental habits - such as, the jarring noises in big cities, excitement of all kinds when it continues too long, wears out nerves and gives them no opportunity to rest & recover.



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